

**Loomis Public School
Wellness Policy and Goals
2023-24
Triennial Assessment**

Goals

1. Goals for Nutrition Promotion and Education
Loomis Public School follows NDE & Federal guidelines to ensure all students PK-12 met the healthy food and beverage choices. This includes Smart Snacks, regulation on soda machine and nutrition education. 7-8th students participate in a Health class. Throughout the curriculum and in physical education classes all are instructed in health and nutrition. Loomis Public School had a presentation to all 4-12 students from a licensed nutritionist. Students and staff have access to water through the fountains and bottle fillers throughout the day, as well as a water container in the cafeteria. We allow all students to have clear bottles to hold water and refill throughout the day at any time. Loomis has a renowned Beef in School program that allows local growers to donate healthy beef to our lunch program.

2. Goals for Physical Activity
Loomis Public School promotes physical activity with all students. K-6 students get the required physical education per week. All 7-8th students are required to have physical education each school day. Our 9-12 students are required 1 year of physical education and or weight training with the majority of students completing physical education and or weight training more than 1 year. Recess is an integral part of the day for our PK-6 students, and many classes utilize physical activity for a “brain break”. Youth club activities are offered throughout the school year and include; volleyball, flag football, basketball, wrestling and running- track club. Our Junior High students are encouraged to participate in extra-curricular sports that include; Cross Country, Volleyball, Football, Basketball, Wrestling and Track. Parents are made aware of all these opportunities through our Student Handbooks, Orientation, Social Media. Parents are asked to be members of our booster club to help officiate, coach and be involved in their kids activities.

3. Goals for other School Based Activities Designed to Promote Student Wellness
Loomis Public School utilizes the commodities program, ESUCC lunch program and bids all other purchases from suppliers. Loomis nutrition program annually bids milk products from all sources available in our area.
Physical education teachers/Health teachers and our Nutrition staff are provided professional development and professional time off to attend conferences and clinics to improve delivery to students and staff. All staff members receive the mandatory 30 minute lunch break at Loomis. Loomis has hired a Mental Wellness expert through a NDE grant that allows all PK-12 students and staff the accessibility throughout those two days. The grant also provides for 7-12 curriculum for Mental Wellness. Our staff are encouraged to participate in the BC/BS Wellness program. We partner with Two Rivers to provide Flu and Covid shots for all students and staff. The Lions Club provides vision and hearing screening for all students and staff. Dental screening and fluoride treatments

are offered to all students and staff. The activity level of students and staff is a priority for Loomis Public School as you see many staff members walking the halls or using the track before or after school. We continually try to stay on top of Health and Wellness at Loomis and look for the best practice research dealing with Health and Wellness.

4. Progress towards Goals

Our Wellness committee meets each fall with a follow-up meeting in the spring and consists of an administrator, our physical education teacher, parents and community. Goals are discussed and set in the fall and revisited in the spring. The school wellness policy is reviewed and discussed. Items brought to our attention from these minutes include; How to get Health and Nutrition to our 9-12 students? We brought in and paid for a Nutritionist from Hastings College to present to our 4-8th students, and our 9-12 students. Another item was how to teach students about physical education and that handicapped doesn't stop your ability to be active. We had an assembly and invited our neighboring school Bertrand to attend by Kevin Hueftle. Kevin is from Eustis and is a para-olympic athlete. Having lost his leg from the knee down in a hunting accident he has gone on to great things in para events.

5. Compliance for Meeting the Wellness Policy Requirements

Loomis Public School and our Wellness committee work to meet the demands and make sure our Wellness Policy, NDE and Federal Guidelines and Requirements are met yearly. Our staff and students are well aware of the importance the term Healthy Body- Health Mind. We continue to look for ways to bring research based best practices to the forefront for our students and staff. The administration supports Wellness and helps implement and guide staff and students to meet our Wellness Policy.